



Broadmead

VOICE OF THE RESIDENTS

Vol. II. No. 5

COCKEYSVILLE, Md.

February 1981

'UN-VITAL' STATISTICS SHOW LITTLE KNOWN FIGURES OF BUSY BROADMEAD

Someone has called the Reception Desk the "Hub" of Broadmead; others say that the Food Service "makes" (or can "break") the community; still others "swear" by the Outpatient Program, and there are always "raves" for the Housekeeping aides who visit the apartments.

These programs and services must move over, however, for an unnamed corner in the Center Building where a Resident can save much walking and much gas. This was the corner, in Broadmead's Frontiers days, where Residents went to pick up their mail and packages.

Now, with two sets of mail boxes, the "corner" (Nancy Grant's corner) is still busy, busy, with other services. You can get everything there, from a postage stamp to shipment of a package, via United Parcel Service--but it is this little corner that does all the weighing and recording of where the package is going, etc.

Every week, from January to November, four to 10 UPS packages are sent from Broadmead. But, come December, the number increases, and the week of Dec. 18, last year, 59 packages were shipped, while 51

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LOST POCKETBOOKS AND HANDBAGS

Several pocketbooks and handbags of Residents have been found recently by Broadmead staff and turned in intact. Most have easily reached their owners. However, there has been difficulty in identifying the owners of some of the items, as no identification of any kind was found inside, or outside. Residents are again urged to keep I.D. cards in each purse and also to mark all their outer wearing apparel.

COUNTRY STORE/GIFT SHOP PAYS BACK \$2,000 START-UP LOAN FROM ADMINISTRATION

Broadmead's gift shop, the Country Store, run entirely by the Residents, has completed its first calendar year of operation by repaying the Administration's \$2000 starter loan and turning over \$1000 to the Residents' Association, at the same time retaining sufficient funds to restock for the coming year.

Beginning in November, 1979, with Marie Phillips, former owner of a gift shop in Severna Park, Md., and her husband Denny, "an invaluable help with the displays", the staff quickly grew. Marie now does the gift buying and secretarial work. Mamie Phillips (no relation), former merchandizer at Hutzlers, is in charge of the very popular cards. Annette Close has charge of sundries, including toilet tissue, tooth paste, over-the-counter remedies, etc., which are an especial help to Residents of Taylor and Hallowell Halls. The variety is limited by the available space. Sam Silberstein, co-owner of Malcolm's in Baltimore for over 40 years, is manager of the store, "a much-needed business person," said Marie in an interview just before going on a buying trip with Denny to Reston, Va., and Washington, D.C.

Dave McIntyre has charge of the books, paying the bills and keeping accounts straight, with Billie Tyson taking over in his absence. Denny, in addition to managing the physical set-up, keeps track of sales and sales tax and turns the results over to Dave. Bob (W.) Black is the auditor.

Betty Apsey is in charge of approximately 40 volunteers who, having found that the cash register doesn't bite, are no longer afraid of it. They are much appreciated by the Gift Shop staff as well as by the rest of the Residents.

The shop is run for the convenience of the Residents and income for the Resi-

dents Association, Marie pointed out, but it should be fun and therapy for all involved.

She also noted that the store enjoys the cooperation of Stouffers. The Food Service supplied fruitcake this year to be sold for the benefit of the Residents' Association. It was so popular that they have promised 200 cakes for next Christmas. They also provided the tank for the swimming toys.

One of the items sold before Christmas was an accordion from Mildred and Franc Beck, with the proceeds (\$150) going to the Residents' Association.

Marie added that the Residents had contributed much to the success of the gift shop by bringing their guests, especially on Wednesday and Saturday afternoons.

* * * * --Dorothy Graham

CALL FOR DETECTIVE STORIES ISSUED FOR TAYLOR/HALLOWELL RESIDENTS

It is hard to imagine that, with all the books left to be handled, the Library should be sending out an S.O.S. But such is the case. The Taylor/Hallowell Volunteers are in rather urgent need of a new selection of detective/mystery paperbacks --not suspense, not gothic, not international intrigue--just old-fashioned detective/mystery stories. Of course, we shall be glad to take anything.

Several Residents have read and re-read everything. If you should have any which you would like to donate, please leave them in the Upper Library, off the lounge, or in the Library Workroom on the Lower Level marked for Taylor/Hallowell. We shall see that they get to the proper place. And thank you! * * * *

LARGE PRINT BOOKS

This is to remind Residents that large print books from the State Library are available just inside to the left of the door to the Library off the Main Lounge. The procedure for borrowing is the same as for books from the Broadmead Library, except there is a three-week time limit.

--E.C.G. and I.J.

DEADLINE FOR MARCH ISSUE, FEB. 14

'UN-VITAL' STATISTICS SHOW INTERESTING FIGURES OF BUSY BROADMEAD CORNER

Continued from page 1

went out the following week. Altogether, 149 UPS packages left the little corner.

It could not be found out how many postage stamps were sold, but it is known that many, many documents were notarized; 23 in the last month of the year.

The copying machine was busy. As a sample, 330 personal photocopies were made for Residents during December.

It is from this corner, also, that 450 copies of the Voice are mailed to future Residents and other interested parties, in addition to the 300 plus which are distributed at Broadmead.

This corner also assigns rooms in Holly House, on request and as space allows.

In hunting for other "un-vital" statistics, the Voice found that 1310 hours were volunteered to the Administration area of Broadmead during 1980. Residents went the second and third mile as volunteers, but there were also non-Residents, such as Dot Pearre who gave 151 hours, and Joanne Miller who contributed 74 hours. These volunteers did everything, from attaching kitchen cabinet knobs to balancing checkbooks (for those Residents needing this service).

The remaining hours were logged by Residents devoting hours (scheduled and unscheduled) to the Reception Desk.

There is nothing like wanting "just a stamp and not being able to find it, for love or money".

VOLUNTEERS

VOLUNTEERS ARE

Very special people
One of a kind that give
Love
Unselfishly. Volunteers are
New life to a good program and
Team workers with
Extra
Energy
Ready to
Serve

--Bethany Villager

WEDNESDAYS

MOVIES

Time: 2 p.m.

Place Auditorium

b. 4 "Friendly Persuasion On National and International Policies"

By Edward F. Snyder. Executive Secretary, Friends Committee on National Legislation.

Feb. 11 Book review by Mrs. Morgan Buchner who reviewed "The Far Pavilions" by M. M. Kaye a year ago has agreed to review another book this year.

Feb. 18 Dr. Alfred B. Starratt, rector of Emmanuel Episcopal Church of Baltimore. Title to be announced.

Feb. 25 Miss Dorothy Krug will show slides of her recent trip to China.

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UPSTAIRS SEWING GROUP BUZZING

The Sewing for Upstairs Group has been formed and is doing valuable service for the Residents of Taylor and Hallowell Hall. The co-chairpersons are Sibyl Nary and Eleanor Terry.

The chairpersons have gotten very fine cooperation from the volunteer sewers of Broadmead. In their few months of existence they have made a good number of wheelchair squares, each with a colorful and useful bright colored pocket. At least ten comfort-adding small pillows have been made. Many, many bed socks have been knitted and put into use. They have done a great deal of mending for the Residents.

The Sewing for Upstairs Group will meet the first Friday of each month at 2 p.m. in the sewing room. All are welcome.

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MENDERS EARN FOR SEWING

The menders under the care of the Sew and So Group have earned almost \$600 sewing for the Residents. This money provides materials for the Broadmead sewing groups.

THE AVERAGE MAN has five senses: 1) touch, 2) taste, 3) sight, 4) smell, 5) hearing. The successful man has two more: 1) horse and 2) common.

Tuesdays 7:30

Place - Auditorium

Feb. 2 Ring of Bright Water

Feb. 10 Ascent of Man (8)

Feb. 17 Stars and Stripes Forever (Sousa)

Feb. 24 Ascent of Man (9)

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BRIDGE

Broadmead Bridge crowned its first full-year champion as Ida Cullison took top honors in 1980. Fifty Friday night sessions were held and a total of 87 players participated.

TOP 20 RANKING PLAYERS OF 1980

(Note: Rankings are based on average points won per round, with a minimum of 50 rounds required to qualify for a ranking.)

1. Ida CULLISON.....346
2. Haines FELTER.....309
3. Bobbie RICHARDSON.....214
4. Elizabeth BURNS.....169
5. Bob JONES.....159
6. Isabelle WARD.....140
7. Erna WHITE.....139
8. Mal GROSS.....126
9. Dolly MARSLAND.....114
10. Hod BEREAN.....94.90
11. Helen GIBSON.....94.85
12. Peg STEVENSON.....88.63
13. Elizabeth CORKINS.....88.54
14. Cy MURPHY.....78
15. Marie PHILLIPS.....74
16. Mildred DAVIS.....68
17. Sam SILBERSTEIN.....40
18. Louise JONES.....36
19. Hazel SAUER.....12
20. Libby EMMONS.....5

Lefty Graham of our Wood Shop is preparing an appropriate plaque to honor this year's and future BROADMEAD BRIDGE champions. Ida Cullison's name will, of course, head the list. --Haines Felter

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ROSE GARDEN FEATURED IN TALK

George Conner gave an illustrated talk to the Roslyn Garden Club on "The Culture and Care of Roses". Jan. 12, 1981. His talk featured slides of the progress of the Broadmead Rose Garden, prepared by Bob Martin, captioned "From Mud to Bud."

FEBRUARY--BIRTHDAY MONTH OF MANY 'GREATS'--
ALSO NATAL MONTH OF 30 BROADMEADERS

We welcome February because we have a number of birthday celebrations to brighten this dreary, gloomy time of the year. The name for this birthday month came from the Sabines, who pre-dated the Romans. In preparing for the re-birth of Spring, they celebrated February by festivals of purification to make atonement for sins, or to dispense with faults.

Early in February we hopefully watch for the ground hog. The Germans and the British both taught us that on February 2, if the ground hog comes out of his den and sees his shadow, there will be six more weeks of winter. If the day is cloudy, he will not return to his den to sleep, and Spring will soon come.

A few interesting February birthdays are Ronald Reagan, who was born in Tampico, Ill., on February 6, 1911; Robert Taft, Jr. Cincinnati, Ohio, 1917; Margaret Truman, February 17, 1924, at Independence, Missouri.

It is always a delight to prepare for Valentine's Day, named for St. Valentine. In about the year 270 A.D., at Rome, he was martyred on February 14. This was the birthday on his entry into Heaven. St. Valentine's Day was celebrated in his honor as a day for the exchange of Valentines and other tokens of affection. To celebrate it, one custom was to put the names of the young men in one box, young women in another, and then to draw by chance. The young man was the gallant of the chosen woman for a year.

February 8, 1910, was the birth of chartering of Boy Scouts of America. Feb. 7, 1812, Charles Dickens was born in Landport, England; Feb. 11, 1847, Thomas Edison was born of Dutch-Scotch ancestry at Milan, Ohio; Abraham Lincoln, Hardin County, Kentucky, Feb. 12, 1809; and George Washington, who was born at Bridges Creek, Westmoreland County, Virginia, on Feb. 22, 1732, are stalwarts of February. Henry Wadsworth Longfellow was born Feb. 27, 1807, at Portland, Maine; Frederick Douglass, internationally famed orator and abolitionist, was born in Talbot County, Md., Feb. 14, 1818.

William F. Cody, known to us as Buffalo Bill, was born at Scott County, Iowa, Feb. 26, 1846. He was the pioneer of the Wild West Show. His father died when he was 11, and he became a mounted messenger. At 14 he was a Pony Express rider. Cody, Wyoming, was named for him. We have Ruth Cody here, who said: "Away back we probably have a connection, but we don't claim it. Our son thought it would be wonderful if we had a connection. . . ."

A well-known birthday person was the boy, Frederick, in "Pirates of Penzance." He was born on the 29th of February. As a boy, he was apprenticed to a pirate, instead of a pilot. On his 20th birthday he was actually 80. --Margaret T. Bouchelle

FEBRUARY BIRTHDAYS AT BROADMEAD

February 1 John Pocock, Marion Conner

February 3 Elizabeth Banks, Blanche Hewitt, Margaret King, Emily Schilpp

February 5 Helen Woods

February 7 Eleanor Downs, Frances Dunning

February 8 Rowe Hinsey

February 10 Edith Kelly

February 11 Malcolm Dill

February 13 Mary Dunn, Muriel Lord

February 14 Ruth Clegg

February 15 G. James Fleming

February 16 Frank Nary, Elizabeth Michaels

February 17 Douglas Marsland, Denny Phillips, Charles Hampton

February 21 Ann Bridge, Cushing Bridgman, Stephen Vieweg

February 23 Robert Nowlin

February 25 Wilson Evitt, Cyril Mahan

February 26 Erna Magnus

February 27 Chauncy Tatum, and Theresa Green. -- M.T.B.

DEADLINE FOR MARCH, FEB. 14

MARY STUART PRAISES 'WONDERFUL PEOPLE' AS SHE LEAVES FOR STATE HEALTH DEPT.

Mary Stuart, small of stature, but always busy and efficient, is now with the Maryland Department of Health and Mental Hygiene, in the position of administrative assistant to the assistant secretary in charge of medical programs. Her last working day at Broadmead was Jan. 2.

In the early months of Broadmead Mary Stuart served as director of Resident activities and was responsible for inspiring and coordinating Resident programs. Last year she was given another hat to wear, that of Director of health care volunteers.

In a letter to the Voice but addressed "Dear Residents," she reveals that "My new job represents an exciting professional opportunity for me, but I will miss my many friends at Broadmead." The letter continues.

"During the time I have worked at Broadmead, it has been transformed from a construction site into a caring community. I feel very privileged to have known so many of you and to have watched Broadmead's birth and growth."

"I regret that I have not been able to say goodbye to each of you personally. I would like to take this opportunity, however, to say that I am certain that Broadmead has one of the largest collections anywhere of wonderful people gathered together in one place."

Mary Stuart (who is the wife of Sam Austelle) closed her letter "wishing each of you the best in 1981--and much love."

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DISCUSSION GROUP GOES CURRENT

Inflation, energy, nuclear options, and the "counter-culture mysticism," are among the topics scheduled by the Broadmead Discussion Group until it closes on June 16. On this latter date the topic will be "Where We Are Headed."

All speakers have not been chosen as yet, but it appears that about two discussion leaders may be presented at Wednesday afternoon programs. The other sessions will be held at 9:30 a.m., every other Tuesday, in the Lower Lounge, beginning Feb. 10.

NEW ORGANIZATIONAL CHART FOR PLANNING ACTIVITIES AND SOCIAL WORK MADE KNOWN

In a memorandum to all Residents, D. Martin Trueblood, executive director of Broadmead, recently made known and explained the personnel assignment having to do with activities, planning and social work.

This realignment followed the resignation of Mary Stuart as director of Volunteers in the Health Unit, to take a new position with the State of Maryland. Trueblood also took the opportunity to express appreciation to Mary Stuart, who "came to Broadmead as an instigator and developer of the social process and activities within the community.....and who has been very helpful to Broadmead in the first year and a half.

He then pointed out that "It is an appropriate time to bring the various persons involved in activities, planning and social work into one functioning group."

Eric Thompson continues as Broadmead's professional social worker, meeting the requirements of Medicare for inpatient documentation, as well as being available for consultation with all Residents. In addition, he assumes supervisory responsibility for the group.

Other members of the group are Lois Ritter, who has assumed Mary Stuart's role as director of volunteers, in addition to other duties; Penny Pentz continues as activities director, working particularly with Hollowell Hall; Sandy Krome remains as Penny's activities assistant.

In addition, Carolyn Huffman is now expanding her role of being available to Residents to meet special problems, according to Martin Trueblood. She will concentrate on the problems of "transition" which includes the process of persons moving to closer apartments or from a cluster to Taylor or Hollowell Halls.

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BRIDGES FAILING AND FALLING

Somewhere in the United States, a bridge falls down about every other day, according to an analysis by the Highway Users Federation, similar to what happened to the Russell Street Bridge in Baltimore a few months ago.

WHAT IS SEEMINGLY EXPECTED OF MINISTERS AND KINDRED SOULS

Clergymen, university presidents, administrators of retirement communities, and kindred others seem to have a common experience, from the viewpoint of what is expected of them. One day, a despondent minister sat down and wrote a list of the qualifications he felt his congregation sought in their pastor. Here is the list:

- The strength of an ox.
- The endurance of a building.
- The daring of a lion.
- The patience of a mule.
- The industry of a beaver.
- The versatility of a chameleon.
- The melodies of a nightingale.
- The meekness of a lamb.
- The hide of a rhinoceros.
- The disposition of an angel.
- The resignation of an incurable.
- The loyalty of an apostle.
- The faithfulness of a prophet.
- The tenderness of a shepherd.
- The fervency of an evangelist.
- The devotion of a mother.

And "The wisdom of Solomon" might easily have been added by John J. T. Vaughn, the contributor of the foregoing to the "Every Sunday Service Folder Series," published by Morehouse-Barlow, Inc., and distributed to Episcopal parishes nationally.

QUAKER LOBBY ON NATIONAL LEGISLATION FEB. LECTURE SUBJECT

"FRIENDLY PERSUASION on National and International Policy" is the subject of the Wednesday afternoon meeting, Feb. 6, beginning at 2 p.m. when a Friend, Edward F. Snyder, will speak on the work of the Friends Committee on National Legislation (FCNL). Created in the 1940's, this committee provides advocacy of Friends' concern to the Congress and the administration. These concerns include matter of conscience, and civil liberties, human rights, social betterment, economic development, peace-making and peace-keeping.

As a well-informed observer on Capitol Hill, Mr. Snyder will analyze the policy and legislative outlook after the new administration has begun to take hold. The question period should be lively.

Edward Snyder came to the Friends Committee on National Legislation in 1955

as legislative secretary after three years of law practice in Connecticut, where he obtained his law degree from Yale. He became head of FCNL in 1962. Cooperating with many other organizations, he is co-chairperson of the Coalition on Foreign and Military Policy and participated in the Washington Inter-religious Legislative Staff Conference, the National Civil Rights Clearinghouse, the Economic Development Council and other groups.

A board member of the American Friends Service Committee, he represented it in Southeast Asia as director of international conference from 1967-69. He has led two exchanges to the Soviet Union, chaired an international conference of diplomats in Poland, and served on the Quaker Program at the UN. He lives what he believes.

--Mary-Cushing Niles

SEX DISCRIMINATION CALLED UNFAIR, ALSO CAN COST COLLEGES MONEY

Not only is discrimination in employment against women unfair and illegal, says On Campus With Women, but it can easily become a budget item:

Brown U. was ordered to pay \$252,6 in plaintiffs' attorneys fees, which, added to back pay and charges of its own lawyers brought total cost of a suit by four women faculty members to over \$1 million.

Austin Peay (TN) will pay \$12,152 to 13 women faculty members, in a suit brought by the U.S. Department of Labor, to avoid the much higher potential court costs.

Oregon College of Education was ordered by the Oregon Bureau of Labor to pay \$4,750 in back pay to a woman associate professor.

William Paterson College (NJ) was ordered to pay \$49,500 to two women physical education instructors. The state of New Jersey, defendant in the case is weighing cost of an appeal.

TRANSPORTATION LWW TOPIC

The League of Women Voters (Baltimore County) will hold an open meeting on Transportation Feb. 10 at 7:30 p.m. at the Hamton Elementary School. Panelists will be experts from the Baltimore County government, Regional Planning Council, and the MTA, Snow date Feb. 12.

"I SHOULD'VE" -- SEVERAL RESIDENTS' LAMENT

Have you heard any of the Residents weeping and wailing over gadgets and/or really important things they "should've" brought? Last winter when it snowed, it was the snow shovel that they should've brought. When gardening time came, garden tools larger than that little hand trowel would have come in so handily. "I really should've....."

Some years for those dainty cups and saucers at tea time, or for that nest of tables when guests drop by. "I planned to eat all my meals in the dining room but now I find I'd rather have breakfast and lunch in my cozy apartment. So out I went to buy a toaster, a tea kettle and even a can opener. I should've known....." "Yes," chimed in another. "At Christmas I wanted to bake some cookies, but the Old World recipe I wanted to use called for the ingredients to be weighed and my scales....." "I have a sofa bed but no pillow for it. How could you not think to bring an extra pillow?"

"When deciding what to bring I thought my apartment would look nicer and be well

enough lighted with just table lamps. It looked nice enough all right, but after spending the evenings in my favorite, comfortable chair without adequate lighting for reading, you know what I had to go out and buy. It's not nearly as good as the one the children are now using."

One Resident is known to have gone out to buy a meat grinder to replace one she had sold. When she discovered it would cost her \$20, she decided she didn't need it that badly. Getting older, yes, with need to elevate those legs -- oh, dearie me! -- should've brought that li'l ole footstool along.

These are just a few of the "Should-ives" we hear. Fortunately new friends more than compensate for old belongings. No one of us is saying, "I should've gone to Medford Leas." We're here!

--Mary Walker

In Medford Leas Life

BULLETIN BOARDS HAVE MANY GOODIES

If you do not read the Broadmead bulletin boards, you are missing lots of goodies--from travel schedules to meetings in nearby places, to things wanted and for sale, to lists of birds seen here, to what will be served next in the dining room.

Just before the Voice's press time, there was (and perhaps still is) a drop-leaf table for sale, with two Hitchcock chairs. If interested, see 269 Hallowell. Under "Wanted" there is a call for a second-hand car which "must be seen by purchaser," before the sale can be consummated. Call 666-0799.

If interested in fashion shows, there is one listed for Mar. 9, sponsored by the Valley Women's Club, at Limestone Theatre. Buffet lunch, a bake table, and door prizes are included.

There is much more, but perhaps a glance at the Lost and Found corner, at the back of the clothes rack, will show up something you may have lost. Here, unclaimed, are earrings, bracelets, gloves, sweaters, and a beige coat.

There is information and there are chuckles on dem dar bulletin boards.

RECIPE FOR HAPPINESS

Take two heaping cups of patience, one heartfelt of love, two handfuls of generosity, dash of laughter and one hee-dful of understanding.

Sprinkle generously with kindness and add plenty of faith.

Mix well. Spread over a period of a life time and serve to everyone you meet.

Submitted by: Olga Stirling
The Wesley Home Echoes

SALUTE TO BETHANY Villager which is celebrating its third anniversary as the news organ of Bethany Village, Mechanicsburg, Pa. Many congratulations.

DEADLINE FOR MARCH ISSUE, FEB. 14

HOLLY HOUSE, THE PARTY PLACE AT BROADMEAD IS 'AT YOUR SERVICE', SEVERAL HAVE FOUND

Holly House has proved itself as the elegant, versatile, and gracious place to have overnight guests and to entertain at such diverse events as cluster functions, a wedding reception, 50th anniversary wedding receptions, family dinner parties, holiday receptions and parties, and even business meetings, some of which have included lunch or dinner.

There is a great deal of flexibility and very welcome helpfulness on the part of the Food Service and Housekeeping staffs so that anyone can have a party, large or small, at Holly House with expenses ranging from nominal to whatever one wishes to spend. For example, one cluster had an indoor "picnic" (the weather was unfriendly for an outdoor affair) and Residents furnished the food and refreshments. The Food Service provided, at cost, paper products, disposable glassware and clean-up assistance--and everything cost less than the price of a movie per person.

Liquid refreshments of the Residents' choice may be served at Holly House and the host may double as bartender, thus obviating the need for a staff member. If Food Service assistance is desired, snacks, party foods - hot or cold - and all sorts of edibles will be prepared by them at costs, per person. It is, in fact, quite possible for two or more Residents to host a party, if they wish to, and Gil Van Houten, director of the Food Service is prepared to help plan the details and keep costs down to a minimum. He and the staff overlook nothing!

Nancy Grant has provided the following additional data: In 1980, there were 397 overnight guests, 78 parties. May had the largest number of overnight guests (55) and the largest numbers of social functions were in October and December (16 each month). The first overnight guest of a Resident was on Jan. 19, 1980, and the first party was held on Feb. 2, 1980. Beginning January 1, 1981, the occupancy rates are \$22.00 for single occupancy; \$24.00 for double occupancy, and \$2.00 additional for a cot. So, Holly House is at your service.

--Mildred Beck

IN MEMORIAM

Evelyn B. Langedale
March 1, 1892 - January 9, 1981

Harry Lee Rogers, M. D.
April 11, 1890 - January 6, 1981

Janet D. Rogers
June 3, 1891 - January 15, 1981

Henry L. Van Horn
September 9, 1901 - January 7, 1981

LETTERS

Dear Voice:

The night staff in the Broadmead infirmary would like to thank the Residents who called during the power failure, on Dec. 20, and offered to come help us. We appreciate your concern for the patients and for us. Your interest made it easier for us to get our work done. Thank you all!

Nancy Jones, RN
Andrea Miesner, NA
Frances Brewer, NA
Ethel M. Howard, NA
Buck Darney

* * * * *

BIRD AND NATURE NOTES

In mid-November Isabelle Jinnette sighted six bluebirds in the vegetable gardens area. Were they house-hunting for 1981? There is a nest box nearby!

A foot-loose Canada goose was discovered and photographed by Leo Bridge in Cluster C on Dec. 28, about 8:30 p.m. It lingered an hour, flying low over the adjacent clusters, calling plaintively. Was it lost or had it lost its mate?

Deer and deer tracks have been observed on the flood plain.

Watch the bulletin board for nature notes.

--Nancy Rowe

If you find the total sweep of bulletin board too much to tackle, at least try to keep up with the "New Postings" located behind the reception desk.

POEM WITHOUT TITLE

Pamper the body,
 Prod the soul;
 Accept limitations
 But play a role;
 Withdraw from the front
 But stay in the fight;
 Shun isolation,
 Keep in sight;
 Refrain from reminiscing
 Except to a child;
 To forgetting proper names
 Be reconciled;
 Avoid loquacity
 Be crisp and concise
 and consider self-pity
 A cardinal vice!

Olive Higgins Prouty
 (reprint from Cathedral Villager)

NEW YEAR'S PARTY A SUCCESS

The New Year's Reception given by the Board of Trustees on Sunday, January 4, was a delightful way to begin the New Year. Despite cold weather, the beautifully decorated lounge was a lovely setting for the large gathering and enhanced everyone's enjoyment of old and new friendships around the delicious hot mulled cider and tempting food.

Those who celebrated their second holiday season at Broadmead noted how the Broadmead "family" - Trustees and Residents - has increased in numbers and how much closer our shared experiences has brought us. One person's observation neatly summed it all up, "No matter which way I turn I find a friend." It was not an isolated sentiment! --M. B.

TRAVEL MEMO WORTH READING

The Transportation Committee recently distributed a memorandum to all Residents explaining the pros and cons of taking Broadmeaders to operas, symphony concerts and plays in downtown Baltimore.

This memorandum, signed by Claire Walker for the committee, is well worth reading. It will improve for one and all, this very important service, conducted by a committee of the Residents Ass'n.

DEADLINE for MARCH ISSUE, FEBRUARY 14

DO YOU KNOW?

Do you know where the outdoor fire alarms are? You may see a fire when in transit and want to use the nearest red alarm box.

Do you know, also, that the Sunday mail collector does not come inside buildings, by Post Office rules? If you want your letters to go before Monday morning, be sure to put them in the outside box, at the main entrance to the Center Building.

***** --C. R. D.

DR. SPEERS RESUMES BIBLE STUDY

The Bible Study Group, conducted by Dr. T. Guthrie Speers, will be resumed every Thursday morning, 11 o'clock, beginning this month (February) and continuing every week through April. The sessions will meet in the Auditorium, instead of in the Lower Lounge as in the past. Dr. Speers will be assisted by Bishop Richard Baker. Both are Residents.

On Hallowell Hall, every Tuesday Morning at 11 o'clock, the Rev. Carl N. Edwards, rector, Immanuel Episcopal Church, Glencoe, conducts another Bible Study Group, for the Residents of that Hall and other interested Broadmeaders.

TO SPEAK ON HOSPICES

"Hospice Philosophy and Practices: Their Implications for Broadmead" will be the topic of the fourth health-maintenance lecture-discussion on Thursday, Feb. 19, at 7:30 p.m. in the Auditorium. Frank Schaller, Hospice Services of the Albert Einstein Medical Center of Philadelphia, will be the speaker.

The Hospice at St. Christophers in London is probably the most outstanding at present but the practice is spreading rapidly in both Europe and the United States. A helpful book on the subject is The Hospice Movement by Sendol Stoddard, available from the Cockeysville library.

THE CENTER STAGE subscription drive for next year will begin the first week in March. New subscribers may get a discount by subscribing through a friend. Any Residents who would like to become new subscribers for Tuesday night or Saturday matinee, please contact Dot Graham (R-17).

'HOW TO MAINTAIN HEALTH' ATTRACTS MANY TO TALK BY DR. EDYTH SCHOENRICH

Even the threat of a snow storm failed to keep Residents from hearing Dr. Edyth Schoenrich, associate dean of the School of Hygiene at the Johns Hopkins when she spoke on "Illness Prevention and the Maintenance of Health", on Jan. 15. "We have an ever-growing population of persons over 65 who are increasingly better educated and who are becoming steadily more important as a political force," she began. "In contrast to 1900 when there were 3 million persons over 65 with a life span of 39 years, we now have 23 million elderly who comprise 11 per cent of the population with an average life span of 70 years for men and 77 years for women. Since only one-fourth of the diseases of older people are due to infection and the rest to chronic disorders, like arthritis and diabetes, and because the latter actually have their onset in mid-life, treatment should begin as early as possible to slow down the process even though eradication or total prevention may not be possible.

Moreover, there is a great deal that each individual can learn to do in his or her own behalf to avoid and halt the progress of some illnesses, she stressed.

Dr. Schoenrich also touched on a subject of widespread interest, namely organic brain disease, often referred to as senility. One of the most important observations she made and which she emphasized, is that this syndrome is a normal part of the aging process and occurs in a very, very small fraction of the elderly population.

This health program was one of a series sponsored by the Health Care Committee of the Residence Association.

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BROADMEAD DIRECTORY UPDATE

Easter, Marjorie (Mrs. James) is the correct rendition of this name, not as the first name now appears in directory.

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HAPPY SIGHTS

First, seeing Edith Dowling's smiling face as she attended the Christmas Eve program in her wheel chair; then seeing her eating dinner in the dining room, after an absence of five months.

WE PAY

You probably have heard what the Village spent for electricity last year. Enormous! And do realize that WE are the Village and WE paid the bill.

We can continue to be comfortably warm in winter and cool in summer and yet we may effect a substantial saving in cost of energy if we wish.

This is no suggestion of one bit of austerity, but it does mean a reasonable effort to avoid waste. Thousands of dollars can be saved each year on the cost of light, heat, air, and water by careful use of these utilities.

Perhaps you might wish to suggest ways you save by using utilities wisely.

--Edna W. Griffin

* This timely reminder might have been written with Broadmead in mind, but its author, a resident of Cathedral Village, Philadelphia, wrote it for the Villager.

VOICE OF THE RESIDENTS

Published by and for the Residents Association of Broadmead,
Kenneth D. Walker, President.

EDITORIAL

G. James Fleming, Editor

Mildred Beck

Margaret Bouchelle

Richard Dow

Dorothy Graham

Nancy Rowe

Claire Walker

Virginia Williamson

PRODUCTION AND CIRCULATION

Franc Beck

Robert Bouchelle

Ruth Dibert

Lefty Graham

Esther Mahan

Cy Murphy

Margaret Tylor

Mildred Tyson, Treasurer

Mailing Address: Broadmead B-1
13801 York Road, Cockeysville, Md.
21030

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